### Secondhand smoke and children

## What is second-hand smoke?

- Combination of smoke from the burning end of the cigarette, pipe, or cigar and smoke exhaled by a smoker
- Contains most of the same chemicals that a smoker inhales
- Mixture of more than 4,000 chemicals including:
  - o **Acetone-** ingredient in nail polish remover
  - o **Arsenic-** used in rat poison
  - o Carbon monoxide- car exhaust
  - o **Cyanide-** deadly poison
  - o **DDT-** A banned insecticide
  - o **Formaldehyde-** used to preserve dead bodies
- Over 40 of the chemicals in cigarettes cause cancer

### **Children who breathe second-hand smoke are:**

4 times more likely to get:

- Bronchitis
- Pneumonia
- Ear infections- the most common cause of second-hand smoke exposure

## 2 times more likely to:

• Develop asthma

### At increased risk for:

- Getting sick more often and staying sick longer
- Coughing
- Cognitive and behavioral problems

Children are more at risk for the toxic effects of second-hand smoke because:

- They have smaller airways
- They breath faster
- Their lungs and immune system are less developed

## **Health effects of smoking during pregnancy**

- 3 times more likely to develop SIDS
- Premature birth
- Low birth weight
- Complications with birth
- Poor lung development
- Higher rate of infant mortality

• Woman who quits within first 3-4 months of pregnancy can lower her chances of a baby being born premature or with health problems.

# Ways you can protect yourself/children from second-hand smoke

- Smoke outside, away from where your children play
- Make your car smoke-free
- Ask visitors not to smoke in your home and car
- Choose a non-smoking day care provider
- Place non-smoking stickers in your home and car